Vol. 16, No. 23 Friday, June 12, 2009

Inside



■ Take a tour around the 'Earth,' as James Earl Jones narrates this fantastically shot documentary B4

Education

PME test schedule -Course 12/14, SOS, ACSC offered on Tuesday and Wednesday at 8 a.m. and 1 p.m. AWC multiple choice exams offered on Tuesday and Wednesday at 8 a.m. and 1 p.m. and essay exams are administered on Monday at 8 a.m. and Thursday at 1 p.m. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil to schedule exams. Provide your name, SSN, PME type and requested test date in e-mail.

University of Oklahoma

— The university is actively accepting applications for Master of Arts in Economics with Managerial Emphasis. Apply and enroll in Organizational Behavior & Administration, July 19-25. Take a 32-hour, non-thesis graduate program, which can be completed in as little as 14 months and is relevant to today's global manager. Contact aphickam@ou.edu or 449-6364.

Force Development Flight closure — The Force Development Flight (Education Office, Base Training & Military Testing) will be closed Friday, June 19, for an official function. POC is Force Development Flight at

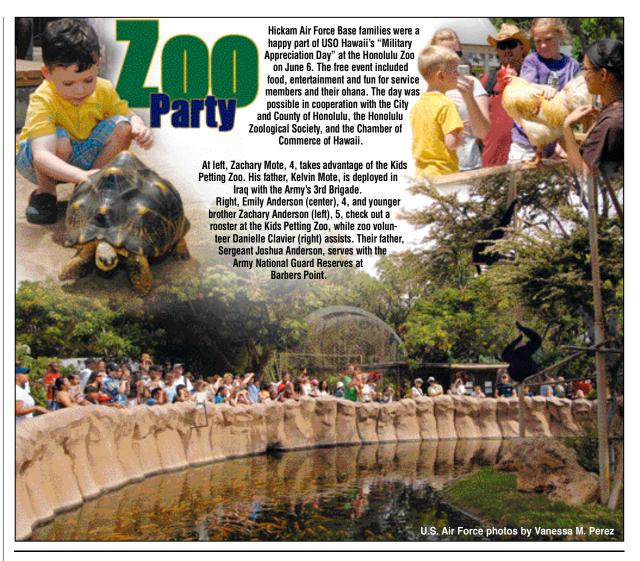
15mss.dpe@hickam.af.mil.

College Registration —
Chaminade University, EmbryRiddle Aeronautical
University, Honolulu
Community College, Hawaii
Pacific University and
Wayland Baptist University on
Hickam are currently registering for courses which begin
July 6. Visit your college representative for more information in Hangar 2. POC: Force
Development Flight at 449-

Embry Riddle Aeronautical University —

Will hold its annual commencement exercise on June 13, at the Hickam AFB Officers Club, at 10 a.m. The guest speaker will be Hawaii Lt. Gov. Duke Aiona. Please come join in the celebration. POC: Force Development Flight at 449-6363.

Central Michigan
University — Offers a 36
credit hour Master of Science
in Administration degree with
concentrations in General
Administration, Health
Service, Human Resource,
Leadership and Public
Administration. Registration
for Summer II is through June
12. Call 422-6118 or e-mail
tannelam@cmich.edu. POC:
15MSS/DPE at 449-6363.



Taking proper care of a living symbol

by Capt. Joseph Ringer 15th Security Forces Squadron, Operations Flight commander

 $\label{eq:hickamair} \mbox{HICKAMAIR FORCE BASE} - \mbox{Few}$ organizations and communities can match the depth of national pride seen on Hickam Air Force Base. This is especially true concerning display of the Stars and Stripes; and I'm not only referring to the base and numerous ceremonial flags which dot the base's landscape, but also numerous smaller flags adorning the homes of the men and women who have sworn to protect and defend the ideals for which it stands. This tribute, while serving as a reminder of the promise of our great nation, as well as our own personal sacrifice, must be properly maintained so as not to diminish its intended patriotic pur-

Section 8j of the U.S. Flag Code states, "The flag represents a living country and is itself considered a living thing." As such, it requires care just as all "living things" do. So, here are a few tips that, if used regularly, will extend the life and appearance of your flag.

But before delving into flag care tips,

I'd be remiss if I didn't mention that proper display is paramount. Refer to the page at http://www.usflag.org/uscode36.html for a complete list of display customs and protocol.

Now, back to the flag care list:

- Use a flag marked "outdoor" for outdoor displays. Not all flags are created equal; ensure you display your flag as recommended by the manufacturer.
- Choose the right size. Flags which fly from angled poles on homes are typically either three feet by five feet or four feet by six feet. Larger flags have specified flagpole height requirements. Keep in mind, the flag should never touch anything beneath it, such as the ground, the floor or water.
- Clean your flag. Outdoor flags may be hand-washed with a mild detergent, while indoor flags generally require drycleaning. Again, follow the manufacturer's recommendations.
- Take down your flag on high-wind days. High winds are extremely tough on flags

and repeated exposure will eventually result in fly ends.

- Trim fly ends at the first sign of fraying. Flags may be trimmed as long as the overall dimensions are not noticeably altered.
- Don't forget the flagpole. Remove rust and scale, which can cause permanent stains and destroy the fabric.

The average life expectancy of an outdoor flag is three to six months. After six months, even with proper care, noticeable fading will likely have occurred. This is especially true here in Hawaii. When your flag is in such a condition that it is no longer a fitting emblem for display, it should be destroyed in a dignified manner. Many Veteran and civic organizations will properly dispose of your flag at no cost to you.

Remember, proper care of your flag will not only extend its life but also prolong the intended patriotic effect. Long may it wave ... with proper care that is!

Flag Day is Sunday, June 14.

WARRIOR

by Chris Aguinaldo Hickam Kukini editor

HICKAM AIR FORCE BASE — Team Hickam proudly announces Senior Airman Chad Gillenwater, an engineering journeyman with 15 CES, as our Warrior of the Week!

"Senior Airman Gillenwater is an exemplary Airman who continues to excel in every facet of his primary duties," said Lt. Col. Dwayne E. Thomas, 15 CES commander. "He was selected by his NCOIC to lead his section during his supervisor's absence."

Airman Gillenwater, a native of Reynoldsburg Ohio, has been in the Air Force for a little over three and a half years, three of which have been here at Hickam Air Force Base.

He proudly proclaims he joined the Air Force "for the GI bill and to see the world" and said he's



Photo by Chris Aguina

Senior Airman Chad Gillenwater of 15 CES examines a floor plan at the Aloha Conference Center during a recent walk-through. Team Hickam's Warrior of the Week is described an 'exemplary Airman who continues to excel in every facet of his primary duties,' by his commander.

grown since being in the service. looking "The Air Force has instilled in He ad

me discipline and respect and given me the independence I was

looking for," he said.

He adds he enjoys being stationed at Hickam, saying what he likes most about his job is "the people I work with."

"The best thing about being here [in Hawaii] are the beaches and the weather," he added.

While the Civil Engineer Squadron can literally move the earth here at Hickam, Senior Airman Gillenwater said he's satisfied with the base. "I would change nothing. I like it."

But what he'd like to see addressed is how often Airmen are sent away. "The one thing I would change about the Air Force would be to reduce the deployments," he said.

Hawaii has made quite an impression on the Airmen, as he'd like to be in similar environments as he progresses in his career. "I would love to be stationed in Georgia or North Carolina because of the great weather in these areas."

The recent newlywed also hopes "to have a happy family with kids" in the future.

Lt. Col. Thomas said Airman Gillenwater already has a good start. "He is highly motivated and continues to exceed expectations. He is truly an inspiration for all Airman to follow."



Club membership drive kick-off party tonight

Come to the Officers Club tonight for the super kick-off party for the Air Force Club Membership Campaign. The fun starts at 4:30 p.m. and is open to all ranks. There will be food, beverages and a live band performance by "Stepping Stone" from 5 to 7 p.m. Enter to win a Big Island vacation. Trip includes roundtrip air for two and two nights stay at Kilauea Military Camp. Join the Club and start saving now. The campaign runs from June 15 to August 15. Call 448-2271 (E) or 448-24608 (O).

Mamala Bay Honors dads

The Mamala Bay Golf Course Pro shop has specials in honor of Father's Day from June 14 to 20. You'll find great savings on all merchandise in stock. Call the Pro Shop at 449-2302/2304/2305.

Youth Ocean Adventure

Hickam Outdoor Recreation has a fun, exciting way for youth ages 7-15 to spend summer. The Youth Ocean Adventure Program includes hiking, kayaking, snorkeling, wind surfing, reef walking and fishing. Cost is \$120 per week. Call ODR at 449-5215 to sign-up or for more information. Three hour sessions begin June 15-19, June 22-26, July 6-10, July 13-17 and July 20-24.

'Book to the Future'

Registration for the annual summer reading program "Book to the Future" begins June 15 at Hickam Library. The theme complements the "Visions of the Universe" Exhibit that is coming here in July. Participants are encouraged to read as much as possible and turn in their reading logs at the end of the Summer Reading Program. Hickam Library was one of only 40 libraries nationwide chosen to host the "Visions of the Universe" Exhibit. Call the Library at 449-8299.

Explore planet Saturn

Leam about the second largest planet in the solar system, Saturn, on Thursday, June 18 from 6 to 7:30 p.m., as part of the Solar System Ambassador Program presented by the Hickam Library. Call 449-8299.

Enter the Mamala Bay Club golf tourney

The 72-Hole stroke play Championship Golf
Tournament will be held
June 20-21 and June 27-28 at
Mamala Bay Golf Course.
Each player must have a
Hawaii State GHIN handicap. Flights will include:
Championship (0-4); Alpha
(5-9); Bravo (10-14); Charlie
(15-19) and Delta (20-24).
The entry fee is \$40 plus
daily green/cart fees.

Merchandise certificates will be awarded throughout each flight. The Tournament is open to all military and DoD authorized patrons. The deadline to signup is June 15. Call the Pro Shop at 449-2304/2305.

Go bottom fishing

Try your skills at bringing in the big one and see a wide variety of reef fish when you go bottom fishing with Outdoor Recreation on Saturday, June 20 from 8 to 11:30 a.m. We'll provide the fishing gear, bait, boat ride and instructions. The cost is \$35 per person. Call 449-5215 to sign-up by June 17.

Ke`alohi Par 3 special

During the month of June, play nine holes and get the second round for half price at Ke'alohi Par 3 Golf Course, Monday and Wednesday from 7 a.m. to 4 p.m. and Tuesday from 1 to 5 p.m. Save on all golf fees Monday, Wednesday and Friday from 12 p.m. to 4 p.m. Call 448-2318.

Learn shore casting

Let the staff at Hickam Outdoor Recreation teach you the basics of shore fishing on Sunday, June 21, 9 a.m. to noon. Learn techniques for whipping, dunking, shore casting and slide baiting. Sign-up by June 18. The cost is \$25. Call Outdoor Recreation at 449-5215

Father's Day free movie marathon

Celebrate the holiday with a free movie marathon at the Makai Recreation Center on Friday, June 19, 10 a.m. to 5 p.m. in the ballroom. Cool movies about Dads will be shown on the big screen and popcorn will be provided. Call 449-3354.

Fathers' Day with dinner and beer tasting

Tickets are on sale now for the five-course dinner and beer tasting on Saturday, June 20 at the Enlisted Club. Enjoy the evening the night before Fathers' Day. Dinner guests receive a complimentary beer glass and additional prize drawings throughout dinner. Steve Cole from Kona Brewing Company will be conducting the beer tasting. The cost is \$45 for Members and \$50 for non-Members and is limited to 50 people. For more information, call 448-2271, Ext. 227.

Fathers' Day Brunch at the Officers Club

Tickets are on sale now for the Fathers' Day Brunch Sunday, June 21 at the Officers Club. The cost is \$18.95 for Adults (\$2 Member's First discount), \$9.50 for ages 7-12, \$4.75 for ages 3-6 and Children 2 and under are free. For reservations, call 448-4608, Ext. 11 or 15.

One-day tour of Molokai

Visit Kalaupapa, Molokai July 3 from 8:30 a.m. to 3 p.m. Kalaupapa known for Father Damian's work in 1873 with the patients suffering from Hansen's disease. Cost is \$290 per person. Call Information, Tickets & Travel at 448-2295 for reser-

Services has cool ways to Celebrate Father's Day!

Mamala Bay Golf Course Holiday Specials

The Pro shop has merchandise specials in honor of Father's Day from June 14 to 20. Call the Pro Shop at 449-2302/2304/2305.

Father's Day Movie Marathon Watch free movies about Dads in the Makai Rec Center ballroom June 19, 10-5 p.m. Call 449-3354.

Five-course Dinner for Dad at the Enlisted Club

Saturday, June 20

This outstanding dinner event features Kona Brewing Company's Steve Cole and the E'Club's own Chef Knapp pairing beer tasting and dinner. \$45 for Members/ \$50 for non-Members. Call 448-2271, Ext. 227.

Father's Day Brunch at the Officers' Club Sunday, June 21

\$18.95 for Adults (\$2 Member's First discount), \$9.50 for ages 7-12, \$4.75 for ages 3-6 and Children 2 and under are free. Call 448-4608, Ext. 11 or 15.

Father's Day Bowling

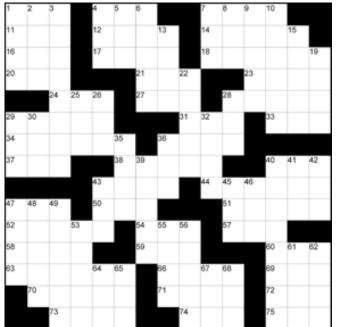
Sunday, June 21. 9 a.m. - 4 p.m.

Bring the entire family and Father's bowl free and receive a gift. (Three game limit.) Call 448-9959.



Friday, June 12, 2009 **B3** Hickam Kukini

Crossword Puzzle: Happy Birthday, U.S. Army June 14



by Capt. Tony Wickman 71st Flying Training Wing Public Affairs

ACROSS

- 4. Golf props
- 7. PC manufacturer
- 11. Mil. overseas mailbox
- 12. USA unit above corps
- 14. Soviet forced labor camp
- 16. Female pal
- 17. Current CJCS Gen. Peter
- 18. Sounds off
- 20. Elderly
- 21. Golfer Ernie
- 23. Shrek is one
- 24. Co. ender
- 27. Shade tree 28. Modified form of iron
- 29. Army color
- 31. __ jiffy; quickly
- 33. Cell material 34. Comoros capital
- 36. Over
- 37. Music holders
- 38. Hoard

- 40. Health resort
- 43. Army post
- 44. Form or chain item
- 47. Airport security org.
- 50. Single
- 51. Heart part
- 52. Outfit
- 54. USAF MAJCOM
- 57. Marina del
- 58. Confusion
- 59. USAF E-4
- 60. Barbie's beau
- 63. Touched lightly 66. Egyptian goddess of fertili-
- ty, wife of Osiris 69. Federal org. concerned
 - with protecting wildlife
- 70. Capacitor
- 71. Floe
- 72. Sen.'s house partner 73. High time?
- 74. Still 75. Dead or Red

1. West Virginia mine; site of 2006 disaster

3. Name for USA members 5. Significant period of

4. Draft

2. October birthstone

- 6. Moderator
- 7. In the past 8. Drinking item
- 9. Nobel Prize writer T.S.
- 10. Army special forces
- 13. Scream
- 15. Acting Secretary of
- the Army 19. Actress Ward
- 22. Medal of Honor
- recipient SFC Paul _
- 25. New; recent 26. News org.
- 28. Tree product
- 29. US auto maker
- 30. Staff 32. Christmas season;
- yuletide 35. Depiction
- 36. Play part
- 39. Regions
- 40. USA wheeled vehicles
- 41. Dog or cat
- 42. Notre Dame's Parseghian
- 43. Dandy
- 45. Hearing aid? 46. Foot part
- 47. Part time worker
- 48. Basic USA unit
- 49. Texas capital
- 53. Childish rejoinder 55. Baby's bed
- 56. USA Chief of Staff
- 61. Fencing sword 62. California wine valley
- 64. Tokyo formerly
- 65. Lair
- 67. Anger
- 68. USA E-5

See SOLUTIONS, B5

SUDOKU

For solution, see SUDOKU, B5

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Team Hickam History

The Air Force's most historic airfield

June 14, 1959 — The first permanent military chapel in Hawaii is dedicated at Hickam AFB. The cornerstone had been laid less than seven months before, on 30 November 1958, for the concrete block chapel with adjoining education wing, erected at a cost of

\$353,856.00.

birds remain.

June 15, 2004 -The 15th Airlift Wing officially closes Johnston Atoll on June 15, 2004. A yellow "X" was painted across the inactivated runway and a Hawaii Air National Guard C-130 transported the last remaining personnel to Hickam AFB. Today, only the

June 16, 1969 — As part of Exercise Lepper Lapin II, Military Airlift Command C-141 Starlifters begin transporting troops and cargo of Hawaii's 29th Infantry Brigade on a round-the-clock basis from Hickam to Hilo's General Lyman Airport. This marked the first time jet aircraft were

used for inter-island deployment of Hawaii-based Army units. Previously, C-124 Globemasters had been used. More than 2,700 troops and 1,300 tons of cargo had been airlifted to the Big Island by 19 June. The

6486th Air Base Wing provided all ground support for this exercise.

June 17, 1914 — Battery Jackson is completed at Fort Kamehameha, with two 6-inch rifles installed, and is officially turned over to the Coastal Artillery.

B4 Friday, June 12, 2009 Hickam Kukini

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services, call the Chapel Center at 449-1754. After hours emergency Duty Chaplain via Command Post: 448-6900.

CATHOLIC

Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center

Sunday Mass 10:30 a.m.

PROTESTANT

Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service

8:30 a.m.

Gospel Service

10:30 a.m.

OTHER RELIGIOUS **OPPORTUNITIES**

Buddhist, call 536-7044 Jewish, call 473-3970 Mormon, call 488-2434 Muslim, call 947-0050

RELIGIOUS EDUCATION

(Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m.

(Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m.

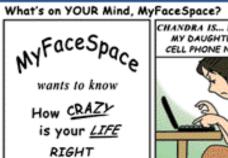
Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m

THE GATHERING PLACE

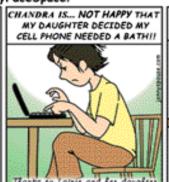
Airmen's Dorm Coffeehouse

King Hall First Floor Dayroom -Bldg. 1856. All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cappuccinos, Italian sodas, Video games, internet, movies and more Dinners every Tuesday at 6 p.m. To Volunteer, call the Hickam Chapel Center at 449-1754

www.jennyspouse.com Jenny



THIS MINUTE?







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AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Earth

Using the sun as a guide, we set out on a truly global journey while watching the movie "Earth." On the way, we meet three mothers struggling to bring up their young. In the Arctic, a polar bear and her



two cubs awaken to the first sunlight of spring. Half a world away, in the heat of the Kalahari, an elephant calf and her mother find water after a danger-filled trek across the desert. But they must share the pool with a pride of lions. For the final leg of the journey, we follow a humpback whale mother. She must keep her calf safe on their 4,000-mile migration from the equator to Antarctica. And so life on Earth goes on. A story played out billions of times a day, 365 days a year, as the Earth moves through seasons, every living creature bending to the power of the sun.

Narrated by James Earl Jones Rated G; 90 min. Call for times.

Ghost of Girlfriends Past

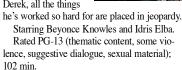
Connor, a notorious photographer, has a reputation of loving beautiful women and dumping them when they fall in love with him. Beautiful models and celebrities flock to his studio to get their picture taken, usually in lingerie, and throw themselves at him. His broth-

er is about to get married, and Connor thinks he is making a terrible mistake. Connor tries to talk Paul out of getting married. Then the night before the wedding, Connor is visited by three ghosts, who take him back to his past, present, and his lonely future. They try to discover the point in time where Connor became this womanizing jerk. Maybe there is still time to change him into a sensitive, feeling, and caring person that he once was, and he may even find his true love.

Starring Matthew McConaughey and Jennifer Garner. Rated PG-13 (sexual content, language, drug reference); 100 min. Call for times.

Derek Charles, a

successful asset manager who has just received a huge promotion, is blissfully happy in his career and in his marriage to the beautiful Sharon, But when Lisa, a temp worker, starts stalking Derek, all the things



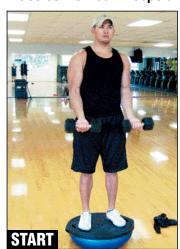
Call for times.



Friday, June 12, 2009 **B5** Hickam Kukini

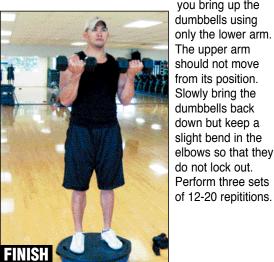


Exercise: Bosu ball bicep curl Muscles worked: Biceps and core



the bosu ball with the ball side down on the floor. Contract the abs and maintain neutral alignment throughout the exercise. Hold dumbbells in each hand with palms up and elbows and upper arms at the sides. Keep the wrist straight as you bring up the dumbbells using only the lower arm. The upper arm should not move from its position. Slowly bring the dumbbells back down but keep a slight bend in the elbows so that they do not lock out. Perform three sets

Begin by standing on the flat side of



Instructions by Airman 1st Class Katrina Plank, Asst. Fitness Coordinator and Certified

Photo by Benny Miguel, Fitness Director



Hickam Oriole goes major league

Ethan Golovach of the Hickam Orioles, at right in front row, recently qualified for the Major League Baseball Pitch, Hit & Run baseball skills competition, scheduled at PETCO Park in San Diego on June 21. Golovach won in both the Local and Sectional competitions in the 7-8 year-old age group and is headed for the Team Championships. Also pictured are other Hawaii winners Christian Manzo, Kasey Mita and Luke Chang in the front row, who are all headed to San Diego. In back is Coach Dean Sato of the Champion Edge Foundation, which spearheaded the recent baseball skills competition in Hawaii.

SOLUTIONS, From B3 –

A C E R G U L A G APO ARMY OPINES PACE GAL OGRE OLD ELS I N C G R E E N I N A A T O P MORONI CACHE FORT LETTER TSA ONE EQUIP A AORTA MUSS SRA PATTED ISIS PODE BERG VET REY KEN E P A REP YET SEA

SUDOKU. From B3

CODORO, FIGHT BS											
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6	5	4	1	9	7	3	2	8			
8	3	6	2	5	1	4	9	7			
5	4	2	9	7	3	8	6	1			
7	1	9	6	4	8	5	3	2			
2	9	1	8	3	4	7	5	6			
4	7	8	5	6	2	9	1	3			
3	6	5	7	1	9	2	8	4			